



GRAPE JUICE, UNSWEETENED, CANNED

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Code: A285

PRODUCT DESCRIPTION

- Canned unsweetened grape juice is 100% fruit juice with no added sugar or sweeteners.
- Grape juice has added vitamin C.

PACK/YIELD

- Each can contains about 46 fluid ounces, which is about 11 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- After opening, store juice in a tightly closed container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Grape juice is a delicious beverage served chilled.
- Mix ½ cup juice with ½ cup seltzer to make a sweet, fruity beverage.
- Freeze juice in ice cube trays with toothpicks for a quick and easy popsicle treat.

NUTRITION INFORMATION

- ½ cup of grape juice counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet the daily recommendation is about 2 cups of fruit.
- ½ cup of grape juice provides 50% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (4oz) canned grape juice

Amount Per Serving

Calories	80	Calories from Fat	0
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 5mg			0%
Total Carbohydrate 19g			6%
Dietary Fiber 0g			0%
Sugars 18g			
Protein 0g			
Vitamin A 0%		Vitamin C 50%	
Calcium 2%		Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet.			

GRAPE JUICE AND FRUIT FREEZE

MAKES 4 SERVINGS

Ingredients

- 2 cups grape juice
- 2 tablespoons lemon juice
- 1 cup canned mixed fruit, drained
- ½ tablespoon cinnamon
- ½ cup plain nonfat yogurt (if you like)

Directions

1. Mix all ingredients in a blender until smooth. If using yogurt, add that too.
2. Pour over crushed ice to serve.

Tip

- Use 1 cup frozen pitted cherries or 1 cup drained canned cherries, or 1 cup drained canned pears.

Nutrition Information for 1 serving of Grape Cherry Freeze					
Calories	130	Cholesterol	0 mg	Sugar	27 g
Calories from Fat	0	Sodium	30 mg	Protein	3 g
Total Fat	0 g	Total Carbohydrate	30 g	Vitamin A	9 RAE
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	35 mg
				Calcium	84 mg
				Iron	1 mg

Recipe adapted from Welchs.com.

CREAMY GRAPE DESSERT

MAKES ABOUT 2 SERVINGS

Ingredients

- 1 cup grape juice
- ½ tablespoon lemon juice
- 2 tablespoons sugar
- 2 cups low-fat vanilla ice cream

Directions

1. Mix all ingredients in a blender until smooth.
2. Serve in a bowl with a spoon, or as a drink.

Nutrition Information for 1 serving of Creamy Grape Dessert					
Calories	170	Cholesterol	20 mg	Sugar	21 g
Calories from Fat	30	Sodium	50 mg	Protein	3 g
Total Fat	3 g	Total Carbohydrate	33 g	Vitamin A	84 RAE
Saturated Fat	2 g	Dietary Fiber	0 g	Vitamin C	16 mg
				Calcium	110 mg
				Iron	0 mg

Recipe adapted from Welchs.com.